IN THE SPECIFICATION

[0037B] Compositions of the present invention are also useful for maintaining a positive nitrogen balance. Nitrogen balance indicates that the rate of protein synthesis in the body equals that of protein breakdown. It is important to maintain a positive nitrogen balance in the body, in order to preserve muscle tissue- lean body mass. If consumption of protein in one's diet is inadequate, negative nitrogen balance will result. Subsequently, the body breaks down the protein in its own muscle tissues in order to reverse the imbalance. Protein is the body's main source of nitrogen, and when it breaks down, nitrogen is excreted. Measuring the amount of nitrogen excretion reflects how much protein is breaking down. A negative nitrogen balance indicates the wasting away of muscles. It is critical to prevent this, especially during illness.

[0037C] The Net Protein Utilization (NPU) measure reflects the biological value and digestibility of dietary protein. In other words, it indicates how much of the protein we consume is actually available for use. Compositions useful in the present invention exhibit a particularly high NPU. It is the high concentration of four (4) amino acids, arginine, glycine, proline, and hydroxyproline that is responsible for the high NPU in such compositions. This quality will allow for a more vigorous uptake of dietary protein and spare lean body mass from being degraded.